



APG NEWS

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Vol. 58, No. 47

ARL team earns \$500k grant



Army Research Lab scientists Shawn Walsh, Eric D. Wetzel and Thomas Plaisted, have conceptualized a new paradigm for sports and military head protection that has been awarded a Head Health Challenge II research grant.

Photo by Doug LaFon

Army research team earns research grant in Head Health Challenge II

By **JOYCE P. BRAYBOY**
U.S. Army Research Laboratory

Army Soldier-protection experts at the U.S. Army Research Laboratory have received a \$500,000 grant from the National Football League, Under Armour and GE's Head Health Challenge II initiative that will assist its research to protect against brain injury.

The Head Health Challenge II awards up to \$10 million to encourage researchers to identify and mitigate the mechanics and consequences of brain trauma.

"Because there is so much overlap between our concerns with Soldier brain injury and the NFL's interest in maintaining the head health of athletes, this partnership

See ARL, page 14

CVC addresses community concerns

By **RACHEL PONDER**
APG News

The Community Voice Committee, or CVC, discussed APG quality of life issues during its first meeting of the fiscal year, Nov. 13.

The committee, which meets quarterly, is led by Garrison Commander Col. Gregory R. McClinton and Garrison Command Sgt. Maj. Jeffrey O. Adams. Staff Action Officer Karen Dern, Office of the Garrison Commander, facilitated the meeting.

Each meeting, the committee agrees on closed issues from the previous meeting, receives updates for ongoing issues, and examines current issues provided prior to the meeting. Members are also given the opportunity to submit new issues for future review.

The topics discussed included aggressive driving, traffic light timing, bugle calls, hourly child care service, Corvias housing improvements and APG inclement weather procedures.

An issue raised during the meeting was building a dog park on post. The Directorate of Public Works (DPW) has identified potential locations for a dog park; however, funding isn't available.

Allison Fenwick, a program manager from Corvias, said installing a solar energy park and renovating existing housing into combo units in the Bayside com-

See CVC, page 14

EOD unit receives award for heroism

By **WALTER T. HAM IV**
20th CBRNE Command

A U.S. Army Explosive Ordnance Disposal Company was awarded the Valorous Unit Award for its service in Afghanistan.

The 705th EOD Company received the award for heroism against enemy forces during its 2011 Afghanistan deployment.

The EOD company is assigned to the 63rd EOD Battalion, 52nd EOD Group, 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives). Stationed on 19 posts in 16 states, 20th CBRNE Soldiers

See EOD, page 14

Soldiers from the 705th EOD Company served with the 10th Mountain Division's 4th Brigade Combat Team in Afghanistan in 2011.

Courtesy photo



Food sharing program lends helping hand

Sgt. 1st Class Diana McCleary, 1st Area Medical Laboratory, and 1st Sgt. Jason Thomas, 22d Chemical Battalion, bag groceries for fellow Soldiers during the annual Holiday Food Sharing Program at the APG North (Aberdeen) commissary Nov. 24.

The Religious Support Office distributed more than 100 food vouchers to Soldiers, with priority given to E-5 and below with children. APG senior leaders gave back to fellow Soldiers by bagging their groceries and thanking them for their service.

Throughout the year, APG Catholic, Protestant and Gospel congregations collect offerings for Operation Helping Hand for Soldiers and their Families during the holidays.

Chaplain Lt. Col. Jerry Owens said he is happy to see this APG Thanksgiving tradition continue.

For more information, call the APG North (Aberdeen) post chapel at 410-278-4333.

Photo by Stacy Smith

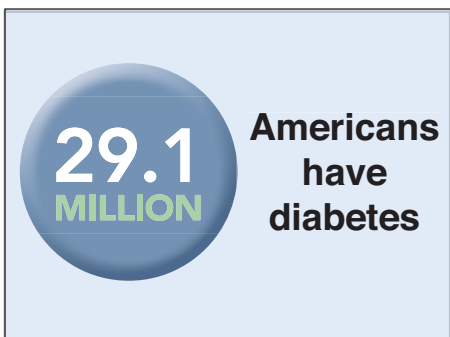
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Small changes can make a big difference for diabetics



Surgeon General visits Public Health Command

WEATHER

Thursday

Cloudy
chance of rain 20%



39° | 26°

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STREET TALK

What are you thankful for this Thanksgiving?

"I'm thankful for my country, and my Family, and God."



Lt. Col. David Law
ATEC

"I have a beautiful Family."



Pamela Broadwater
The Lunch Box

"I'm thankful that my husband is home and that we get to spend time together as a Family, and also that we've got plenty of neighborhood support. We're doing a little Thanksgiving get-together."



Vanessa Gomez
Family member

"I'm thankful for my Family: my two daughters and wife."



Erik Shaffer
CECOM

"I'm thankful for my Family, of course. My wife supporting me through deployments, and my parents who have always been there. I'm thankful for a lot but primarily my Family and my battle buddies."



Staff Sgt. Cornelius Tharrington
ATEC

Commander's Corner
Celebrating Thanksgiving

Since the early Pilgrims landed on American shores, Thanksgiving has been a unique American holiday where we give thanks for our many blessings. It's a wonderful time to pause with family and friends to enjoy the gifts of fellowship.

During this special time, Dianne and I want to first extend our thanks for the wonderful experience we are having as part of the APG and CECOM family. We have been truly blessed by this opportunity and are overwhelmed by the tremendous support we have received since assuming command.

As you know, Thanksgiving also marks the beginning of the winter season where many people will be traveling to be with loved ones. The combination of colder temperatures and increased populations on our highways, present added risk factors that everyone should be aware of and take into account.

During this holiday spirit of giving, I encourage everyone to get involved in your local communities for those less fortunate and those who will be without family. These simple acts of kindness are in keeping with our moral responsibilities as trusted professionals.

We should also never forget our military and civilian personnel who will be in harm's way during this holiday season. It is their selfless service that allows us the freedom to celebrate this cherished tradition.

This special military community has much to be thankful for. Please never take for granted how blessed we all are to be serving this great Nation. I am honored to be standing side by



I am honored to be standing side by side with you as we continue to posture this great community for the future.

Dianne and I wish everyone a safe and Happy Thanksgiving holiday and we thank you for your dedication to your community, your Army and your Nation.

side with you as we continue to posture this great community for the future. Dianne and I wish everyone a safe and Happy Thanksgiving holiday and we thank you for your dedication to your community, your Army and your Nation.

APG is the Army's home of innovation and opportunity. Because you stand strong, we remain APG Strong!

Warmest Regards,
MAJ. GEN. BRUCE T. CRAWFORD
APG Senior Commander

Military Family Appreciation Month

Since 1993, our team of government, military, community and businesses recognize military Families in the month of November through a variety of events and special recognitions.

Families have always been a vital part of the Army's ability to stand strong. Their story is one of unfailing duty and devotion. Through long deployments, and sometimes difficult separations, spouses and family members selflessly put their needs on hold to support their service members and civilians.

Through grace and resilience, these loved ones shoulder the burdens of war and provide the main support to aid in transition and recovery when their Soldiers return home. Since military Families have never wavered in their service and patriotism, the Army remains committed to providing them everything they need to remain steadfast supporters of our Soldiers.

There is no doubt over these last 13 years of conflict, our

Families have endured every hardship imaginable, not because they had to, but simply because they care. We owe heartfelt thanks for their passion and their unyielding commitment to keeping us Army Strong.

I also thank the many trusted professionals on our combined team of government and non-government organizations who help us build the programs and initiatives that serve our dedicated Army Family members.

An integral part of Why We Serve is honoring those who have given so much and helped define who we are and what we stand for. Please join me in honoring and supporting our military Families in every way possible.

Standing Strong for those who make us all Army Strong!
MAJ. GEN. BRUCE T. CRAWFORD
APG Senior Commander

The annual season for giving is here

As we enjoy the last vestiges of this year's beautiful fall foliage and head out the door each day into the brisk, clear, autumn air, we are vividly reminded that we are fast approaching the time of the year we give thanks for our many blessings, and also give to others in a spirit of love and fellowship.

The annual season of giving through the Combined Federal Campaign (CFC) has been underway for more than two months (Sept. 15 – Dec. 15). This year's theme is "Together We Serve, Together We Give," which is indicative of the inherent commitment we as federal employees display daily to our country, our peers and our communities. CFC provides us with an opportunity to make a difference in the lives of those in need – to help sustain community, state, national and international health, educational, environmental, and human services.

For more than 50 years, through contributions to the CFC, federal employees in the Chesapeake Bay area have supported wounded warriors, responded to disasters, supported medical research, fed the hungry, housed the homeless, cared for animals, strengthened communities, and supported other acts of charity and goodwill.

Last year, in one of the most unpredictable fiscal climates in a generation, our Chesapeake Bay Area Campaign was simply amazing! We endured crippling government furloughs and a complete government shutdown, but we more than proved our resiliency as federal professionals by raising over six million dollars for CFC charities. This was the third largest total of all CFC regions in the United States!



Martin

This year's campaign offers more choices than ever through "Universal Giving", expanding the number of charities represented to more than 24,000. Universal Giving offers the opportunity for federal personnel in our campaign area to not only pledge to CFC charities in our local community, but to CFC charities in other local communities as well. Those local charities approved outside of our campaign area will not be printed in this year's guide, but are easily searchable on our website (www.cbacfc.org) using the "Charity Search" feature.

One doesn't have to go far to find people in need – many of our Family members, friends and neighbors will at some point benefit from the services of charities participating in the CFC. Whether it's advances in medical research, support for our aging parents, the environment, or support for the families of our injured and fallen warriors – we all have something to gain by supporting the program.

When we think about CFC, we should think about community. The CFC acronym also translates to "Caring for Community." Whether it's local, regional, national, or international, the fabric of our giving is kneaded together by community. When we give through the CFC, we are caring for our communities – no matter where they are.

Our 26th President, Theodore Roosevelt, issued these insightful words in a Thanksgiving proclamation over a century ago, "Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in our deeds."

"Together We Serve, Together We Give."

COL. JEREMY MARTIN
Commandant, Defense Information School
Campaign Chairman, Chesapeake Bay Area CFC

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
39° 26°	37° 30°	43° 38°	55° 45°	54° 33°	49° 43°	59° 51°

APG NEWS

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Small lifestyle changes to prevent, manage diabetes

By **RACHEL PONDER**
APG News

The statistics on diabetes are staggering. According to the Centers for Disease Control and Prevention 29.1 million people or more than nine percent of the U.S. population has diabetes. The American Diabetes Association has designated November as American Diabetes Month to raise awareness of this ever growing disease.

Diabetes is a serious disease in which levels of blood glucose (often called blood sugar) levels are too high over a prolonged period.

Registered Dietician Angela Lang, from Kirk U.S. Army Health Clinic, said most of her patients are prediabetic or have Type 2 diabetes. She said diabetics can live a long, healthy life by following a diet and exercise plan.

“Even a small weight loss of ten to fifteen pounds can make a huge difference in overall health,” she said.

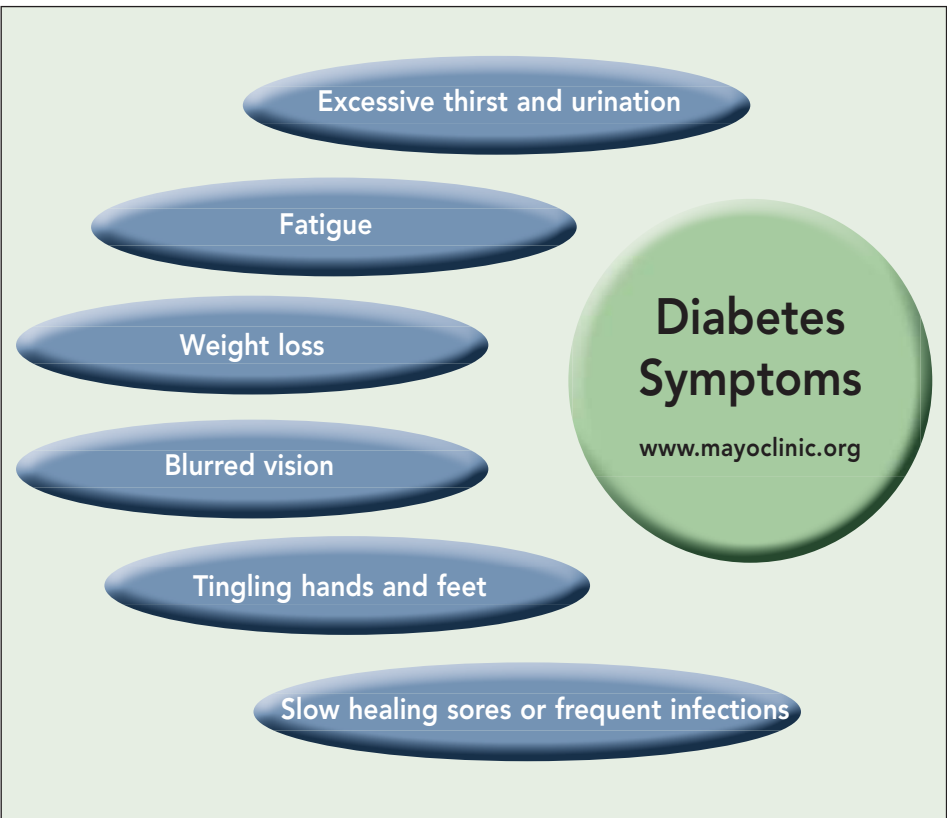
To reduce the risk of diabetes Lang recommends a diet rich in lean proteins, whole grains, fresh fruits and vegetables and an occasional guilty pleasure.

“A diabetic diet doesn’t have to be bland or sugar free,” she said.

Lang suggests making these changes gradually - so they are obtainable, not overwhelming - and finding a support system through Family, friends, co-workers or online support groups.

“It is important to find people [who] will give you positive encouragement and help you stay accountable,” she said.

Navy veteran Elliott Simpson, who has Type 2 diabetes, said his Family has helped him live a healthier life. Although diagnosed in 2000, Simpson, 42, said he did not notice any symptoms until this year.



Diabetes is sometimes called the “silent killer” because the signs of the disease are not always dramatic. He said it was a wakeup call when he started feeling tingling in his feet: a common diabetes symptom.

Simpson sought help from Lang and from Dr. Stefan Eltgroth in KUSAHC’s general medicine clinic. He said he monitors his blood sugar regularly. It went from 389 in August - far above the levels of a non-diabetic of 80 to 120 to an average of 120 or less.

In addition to lower blood sugar, Simpson went from 205 to 189 pounds and is only four pounds away from

reaching his goal weight of 185 pounds. To lose weight, he switched from eating one big meal to eating small healthy meals every two to three hours. He said he has more energy as a result.

Simpson also tracks his activity using a pedometer. Although he has a sedentary job, he makes sure to walk at least 10,000 steps a day. Simpson said his wife, who also wears a pedometer, competes with him to increase his steps. On bad weather days, he plays exercise video games with his two daughters.

“It’s a commitment,” he said. “If I want to live longer and watch my kids grow, I had to make that change.”

His advice to fellow diabetics is to be honest with yourself and with your doctors, and to have a positive attitude.

“Just because you fell off of your diet plan, doesn’t mean you failed,” he said. “You can always rebound from it.”

The two main types of Diabetes are Type 1 and Type 2.

According to the Mayo Clinic, with Type 1 diabetes, the body produces little to no insulin. Usually Type 1 diabetes is diagnosed in children or juveniles. Only five to 10 percent of people with diabetes have this form of the disease. With Type 2 diabetes, the body does not use insulin properly. Type 2 diabetes was previously called “adult onset diabetes,” but according to the CDC, Type 2 diabetes has been reported among U.S. children and adolescents with increasing frequency over the past 20 years.

The risk factors for developing Type 2 diabetes include:

- Obesity or being overweight
- Family history
- Physically inactive
- Ethnic background
- Over the age of 45
- Gave birth to a baby greater than 9 pounds
- History of gestational diabetes.
- High blood pressure

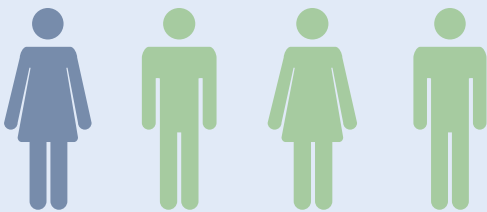
According to research at the Harvard School of Public Health, the single best predictor of Type 2 diabetes is being obese or overweight.

For more information about diabetes, visit the American Diabetes Association website, www.diabetes.org/, or the National Institute of Diabetes and Digestive and Kidney Diseases, www.niddk.nih.gov/.

A SNAPSHOT of DIABETES in the UNITED STATES



Americans have a type of diabetes

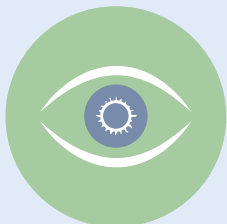


1 out of 4 do not know they have diabetes

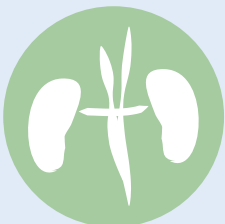
\$245 BILLION

Total medical costs and lost work and wages for people diagnosed with diabetes

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES of DIABETES



BODY DOES NOT MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it



BODY CANNOT USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

WHAT CAN YOU DO?

You can *prevent* or *delay* type 2 diabetes

Lose Weight

Eat Healthy

Be More Active

You can *manage* diabetes

work with a Health Professional

Eat Healthy

Stay Active

Source: www.cdc.gov

Infographic by Molly Blossie



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Force structure realignment study complete

Garrison Public Command

The Department of the Army has announced the availability of the Finding of No Significant Impact for the Supplemental Programmatic Environmental Assessment for Army 2020 Force Structure Realignment.

The Army evaluated the environmental impacts of potential reductions of active component Soldiers and Army civilians at 30 installations, and determined that there are no significant impacts, other than socioeconomic impacts, and that preparation of an environmental impact statement is not required.

As part of the force structure decision process, the Army will conduct local community listening sessions to receive public input that will be considered in the force structure decisions process. Aberdeen Proving Ground will facilitate a public listening session 6 p.m., Thursday, Jan. 29 at the Harford Technical High School Amoss Center in Bel Air, Maryland.

As a result of current budgetary projections, the Army must reduce its active component end strength to a level below that analyzed in the January 2013 Programmatic Environmental Assessment.

The supplemental environmental assessment built on the 2013 assessment and analyzed the impacts of a potential

reduction of an additional 70,000 Soldiers and associated Army civilians, down to an active component end-strength of 420,000. These reductions are necessary to meet the spending levels required by the Budget Control Act of 2011.

Nearly all Army installations will be affected in some way by the reductions.

The 2013 assessment evaluated 21 Army installations and joint bases where Army stationing changes could result in the inactivation and restructuring of brigade combat teams, or a combined loss of 1,000 or more Army employees during the fiscal year 2013-2020 timeframe. With the deeper reductions now anticipated, the supplemental assessment evaluated the original 21 installations for greater cuts as well as nine additional installations.

Decisions on which units and organizations will be selected for reductions have not yet been made. The analysis of environmental and socioeconomic impacts will help force structure decision-makers as they identify the specific units

and organizations that will be reduced in the upcoming years.

Both the 2013 assessment and 2014 supplemental analyzed potential reductions at Fort Benning, Georgia; Fort Bliss, Texas; Fort Bragg, North Carolina; Fort Campbell, Kentucky; Fort Carson, Colorado; Fort Drum, New York; Fort Gordon, Georgia; Fort Hood, Texas;

Fort Irwin, California; Fort Knox, Kentucky; Fort Lee, Virginia; Fort Leonard Wood, Missouri; Fort Polk, Louisiana; Fort Riley, Kansas; Fort Sill, Oklahoma; Fort Stewart, Georgia; Fort Wainwright, Alaska; Joint Base Elmendorf-Richardson, Alaska; Joint Base Langley-Eustis, Virginia; Joint Base Lewis-McChord,

Washington; and, United States Army Garrison (USAG) Hawaii – Schofield Barracks, Hawaii.

The supplemental also analyzed potential reductions at Aberdeen Proving Ground, Maryland; Fort Belvoir, Virginia; Fort Huachuca, Arizona; Fort Jackson, South Carolina; Fort Leavenworth, Kansas; Fort Meade, Maryland; Fort Rucker,

Alabama; Joint Base San Antonio – Fort Sam Houston, Texas; and USAG Hawaii – Fort Shafter, Hawaii.

The Army received over 110,000 comments on the supplemental programmatic environmental assessment from members of the public, members of Congress, state and local officials, Tribal governments, regulators, state and local agencies and officials, special interest groups and non-profit organizations, civic groups, public service organizations, academia, and private businesses.

Many of these comments emphasized the seriousness of potential economic impacts, which is consistent with the Army's conclusion that the impacts would be significant at most installations. Socioeconomic impacts are of particular concern to the Army because they affect communities around Army installations and joint bases.

The Army's decision and final supplemental assessment documents may be accessed at: <http://aec.army.mil/Services/Support/NEPA/Documents.aspx>.

For more information on the supplemental programmatic environmental assessment, contact the U.S. Army Environmental Command Public Affairs Office at 210 466-1590 or toll-free 855-846-3940, or email usarmy.jbsa.aec.nepa@mail.mil.

Jan. 29
Date of scheduled APG community listening session as part of the Army's force structure decision process

VA grants to help 70,000 homeless veterans

Department of Veterans Affairs

Secretary of Veterans Affairs Robert A. McDonald announced the award of \$207 million in Supportive Services for Veteran Families (SSVF) program grants that will help an additional 70,000 homeless and at-risk veterans and their families. The grants will be distributed to 82 non-profit agencies and include "surge" funding for 56 high-need communities.

The "surge" funding will enable VA to strategically target resources to high need communities where there are significant numbers of veterans who are homeless or at-risk of homelessness.

Under the SSVF program, the VA awards grants to private non-profit organizations and consumer coopera-

Veterans Corner

Veterans Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the veterans in our community. For more information about local veterans affairs services, visit www.maryland.va.gov. To suggest veteran-related topics for the Veterans Corner series, email amanda.r.rominiecki.civ@mail.mil.

tives that provide services to very low-income veteran families living in – or transitioning to – permanent housing. These grants will fund the fourth year of the SSVF program.

Those community organizations provide a range of services that promote housing stability among eligible very low income veteran families (those making less than 50 percent of

the area median income).

"This is a program that works, because it allows VA staff and local homeless service providers to work together to address the unique challenges that make it difficult for some veterans and their families to remain stably housed," McDonald said. "The VA is committed to using evidence-based approaches such as SSVF to prevent homelessness and produce successful outcomes for veterans and their families."

More information about VA homeless programs is available at www.va.gov/homeless. Details about the Supportive Services for Veteran Families program are online at <http://www.va.gov/homeless/ssvf.asp>.

Surgeon General visits Public Health Command

By **LYN KUKRAL**

U.S. Army Public Health Command

The proverb “the enemy of my enemy is my friend” applies hands down to two of the top uniformed public health officials in the U.S., both of whom are at war with harmful lifestyle behaviors.

Acting U.S. Surgeon General Rear Adm. Boris Lushniak and Maj. Gen. Dean G. Sienko, commander of U.S. Army Public Health Command, shared a recent strategy session at APG, home to USAPHC. Tobacco use, obesity and inactivity are likely to suffer from the encounter.

The two leaders hope to join forces to increase the impact each of their organizations has on reducing preventable deaths in the United States.

Lushniak, who leads the National Prevention Council, pointed out that tobacco use is the No. 1 preventable cause of death in the U.S., and obesity and low activity are tied for No. 2.

Unfortunately, the Army owns an unhealthy share of the nation’s health problems.

Sienko said that only 23 percent of American youth can meet the weight qualification for entering military service. He frequently cites statistics that indicate about 31 percent of Soldiers use tobacco, and 69 percent of Soldiers are either overweight or obese, as well as two-thirds of retirees and adult family members.

Joining forces

“We want to find where we can work together to better the public health infrastructure of our nation,” Lushniak said. “As well, our skill sets and goals are as closely aligned as they can be.”

In the fight against chronic lifestyle



Photo by Graham Snodgrass

Emphasizing their shared commitment to tobacco-free living, USAPHC Commander Maj. Gen. Dean G. Sienko, left, and Acting U.S. Surgeon General Rear Adm. Boris Lushniak, right, sanction the USAPHC's tobacco-free campus initiative.

diseases like high blood pressure, diabetes, heart attack and stroke – diseases that are preventable – Lushniak emphasized the need for broad partnerships.

“It takes more than a village, it takes business, government, faith-based organizations, healthcare – everyone,” he said. “Our priorities aren’t anything novel, they’re a reemphasis of the familiar.”

In the work of prevention and health promotion, Lushniak advocates a return to simple lifestyle changes.

“Let’s go retro,” he said. “Let’s begin to walk again, let’s start cooking again, let’s start breastfeeding again. Let’s do the things we know are good for our nation’s health. It’s not as complicated as people think.”

The Performance Triad

The Army, through its Performance Triad effort, shares the goal of building good health by making it simple to understand what to do to achieve it.

The USAPHC leads the charge in implementing the Army’s Performance Triad initiative. This initiative aims at teaching Soldiers and retirees, their families and Army civilians how to achieve the three elements of good health: getting enough sleep, engaging in activity and eating well.

Lushniak thinks that people want to be empowered to take control of their health, and the goal of public health professionals should be to “get them the right information and let them make the

right decision.”

The Public Health Service he leads is one of the nation’s seven uniformed services. It consists of career professionals who care for the nation’s vulnerable populations, respond to routine and emerging public health threats, and protect and promote the health and safety of the U.S. population.

Additionally, Lushniak, a physician certified in preventive medicine and in dermatology, fills the role of the nation’s top doctor.

“My portfolio includes not just the uniformed service but also the role of ‘the nation’s doctor,’ he explained. “The nation’s doctor component includes science and communication—taking the best science available and communicating it or translating it for the American public.”

He is passionate about this role.

“No one is necessarily going to know the surgeon general’s name, but they know the brand. When the surgeon general issues a warning or a call to action, it means something,” he said. “I am overwhelmed with humility that everyone – the press, the public – picks up on that. That power, we call it the bully pulpit, still exists.”

Those who attended the meeting at APG can attest to the strength of Lushniak’s conviction that prevention is the best way to health - he is an avid cyclist, runner and hiker - and his ability to use the bully pulpit to challenge listeners to contribute.

“We have to be symbols of health and fitness. In the U.S. Public Health Service, for example, there’s no smoking in uniform,” he said. “You, who wear the proud uniform of the U.S. Army, should you also not be an example of health and fitness?”

Leave Donations

Employees eligible for donations in the Voluntary Leave Transfer Program

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil.

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Eberhardt, Joanne
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Gaddis, Lonnie
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Lloyd-Simpson, Tygar
McCauley, Adrienne

McDonald, Scheree
Morrison, Cassandra D.
Palm, Natalie
Parker, Alonzo D
Robinson, Jennifer
Rodgers, Christopher
Rodriguez, Pedro
Silva, Christopher
Smith, Sonia
Snodgrass, Deanne

Vincelli, Louis
Weimer, Carl R.
Wyatt, Darlene O.

Set limits for smart holiday spending

By **RACHEL PONDER**
APG News

During the holidays, it's easy to get wrapped up in the excitement. In January, when the credit card bills arrive, reality sets in.

During a presentation at the Mallette Mission Training Facility Nov. 18, Sue Manning, a business development specialist, said people should track how much they spend during the holidays to plan how much money to set aside. She said the goal is to be able to pay off all credit card bills in January, without carrying a balance.

"That holiday gift is an expression of your kindness and your generosity," she said. "But it needs to be the generosity level that is affordable to you."

She added that people should value holiday traditions over monetary gifts, and never go into credit card debt over the holidays.

"No one expects you to sacrifice your financial stability or to go off track in your budgeting plan in order to get a gift for the holidays," she said. "There are plenty of memorable things you can do to participate in the holidays."

Manning asked attendees to write down who they plan to shop for, and how much they plan to spend on each person. She counseled them to be honest about their spending limits.

"By setting a personalized spending limit for each person, that should give you more control over your spending



plan," she said.

Extras like food, entertainment, decorating, parties, gift wrapping, charity, clothes, travel and any other miscellaneous expenses, can really add up,

Manning said.

Other tips include:

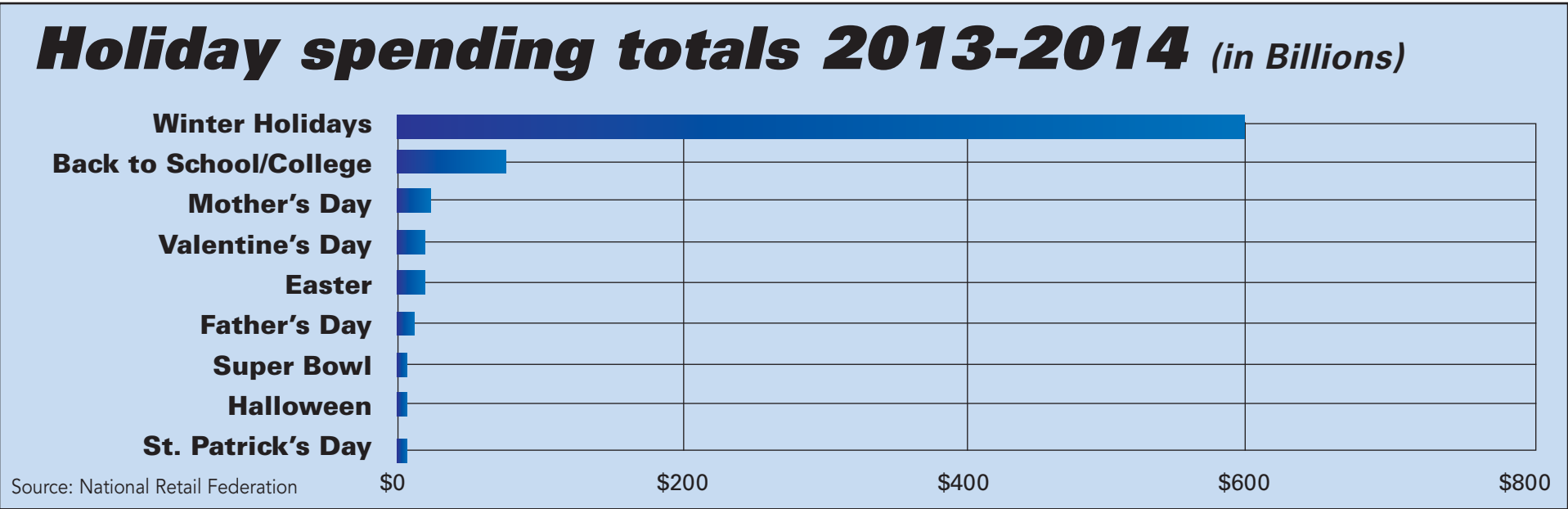
- Don't buy all gifts in one shopping trip; over spending is more likely when tired
- Use cash instead of cards to pur-

chase gifts.

- Open a holiday bank account; stop spending when the money runs out
- Use a prepaid credit card, especially for online purchases
- Be creative, consider giving homemade gifts
- Simplify holiday parties, focus on Family and friends
- Don't use store credit cards; interest rates and late fees are high
- Shopping by yourself is the best way to make sure you stick to a shopping plan
- Beware of impulse displays
- Keep all receipts together; don't forget to ask for gift receipts
- Use smart phone apps to track deals and organize coupon codes
- Give Family gifts rather than individual gifts, like a season pass to a museum
- Search for military discounts
- Give gifts that require time, like babysitting
- Hang onto this year's spending plan; it will be a helpful guide for next year

Manning advised attendees to carefully plan for gifts by going through sale circulars in the newspaper and hunting for deals online. She recommended completing shopping a week before the holiday.

"If you procrastinate, it adds to your stress and anxiety over the holidays," she said. "Don't let yourself be reduced for settling for less or not getting what you planned on by procrastinating."



Retirement ceremony set for Dec. 4

By **YVONNE JOHNSON**
APG News

On Wednesday, Dec. 4, the garrison will host its first Retirement Ceremony since August. Set for 11 a.m. at the Ball Conference Center, the featured retiree is Sgt. 1st Class Kenneth O’Brien, a senior instructor with the CECOM LRC who is retiring with nearly 25 years of service.

O’Brien said that going through the retirement process in preparation for the ceremony is easy and that Retirement Services personnel were friendly and ready to



O’Brien

assist as needed. He said the preparation of his biography for the program was more akin to filling in the blanks.

“I wrote my own bio years ago so that part was easy.”

While his wife and daughter will attend the ceremony, O’Brien said he hopes co-workers and friends will take the time to attend as well. While a self-described “humble man,” he said one reason he decided to participate in the ceremony was to honor the 24-plus years he served the nation.

“This is my chance to show how I finished what I started; how I served my country with honor and to thank everyone who helped me along the way,” he said.

The ceremony is presented and conducted by the Garrison’s Directorate of Plans, Training, Mobilization and Secu-

rity. Lisa M. Waldon, Garrison operations officer and retirement ceremony lead, oversees the process.

Waldon said the attention to detail that is paid to each retiree – military and civilian – is in keeping with the highest traditions and protocols of government service.

As the retirement ceremony lead, Waldon’s responsibilities include notifying civilian retirees of their eligibility to participate in the program 45 days prior to the event and then coordinating support such as photography, music, flags, and arranging the program. Biographies must be assembled, awards collected, special guests attended to, etc.

The two days prior to each event are the busiest as operations specialists prepare the room, placing nametags, and erecting flag displays, and garrison audio visu-

al specialists set up sound equipment and lighting for videographers and photographers. And it doesn’t end there; three to four weeks after the ceremony, Waldon mails a CD of the ceremony’s photos to each retiree.

It’s a long but worthwhile process according to Waldon, who added that all APG civilians and active duty service members, regardless of which organization they work for, can participate in the retirement ceremony.

“We want our APG retirees to go out in a style that they are not only entitled to but that they’ve earned,” Waldon said.

The other retiree is Sgt. 1st Class Cesar Velez-Roman, also of CECOM. The program host is PEO C3T deputy Mary Woods and executive officer Maj. Naim R. Lee.

Industry, Army discuss APG contract opportunities

By **U.S. ARMY STAFF WRITER**
APG

With a focus on transparency in future contracting opportunities, APG held an installation-wide Advanced Planning Briefing for Industry (APBI) Nov. 18-20.

The third annual APBI, which took place at the APG Post Theater with more than 900 in attendance, laid out potential contract awards aligned with technology roadmaps for each organization at APG, concentrating on Fiscal Year 2015 and 2016 opportunities.

The APBI brought together small and large businesses with representatives of each APG organization to provide detailed information on potential Army contracting opportunities. The event also offered the opportunity for industry representatives to ask questions about the various contracts.

With new technologies rapidly emerging in the commercial environment, this exchange of information served as a vehicle to continue the advancement of solutions, ideas, capabilities and efficiencies, APG leaders said.

Maj. Gen. Bruce T. Crawford, commanding general of the Communications-Electronics Command, said “open dialogue and trust” between the Army and industry partners is critical to future modernization.

“Our competitive advantage continues to be our people, and the relationship we share with our industry partners,” he said. “If we want to continue that competitive advantage, we’ve got to continue to talk to each other so industry can get the predictability they’re looking for, and we get the agility we’re looking for.”

Industry was briefed on opportunities for mission areas focused on: Command, Control, Communications,



Photo by Tom Faulkner

With a focus on transparency in future contracting opportunities, APG held an installation-wide Advanced Planning Briefing for Industry (APBI) Nov. 18-20.

Computers, Intelligence, Surveillance and Reconnaissance (C4ISR); Research and Development/Testing and Evaluation (RDT&E); Chemical/Biological Defense (CBD); and Baltimore District Corps of Engineers/APG Garrison.

In response to industry feedback following last year’s event, APG representatives enhanced networking opportunities between industry and organization lead-

ers during this year’s APBI by beefing up details on business opportunities and making it easier for small businesses to participate and provide input.

According to federal law, each executive agency with contract actions with an aggregate value in excess of \$50,000,000 in a fiscal year shall prepare a forecast of expected contract opportunities to industry each year. The

APBI goes one step further by offering a face-to-face event to enhance the partnership between APG and industry leaders as they continue to deliver state-of-the-art capabilities and support to Soldiers.

The unclassified briefing was open to all interested contractors, large and small businesses, and academia as well as other government stakeholders.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.



Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the Installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around the Installation.
- Any possible compromise of sensitive information.

Do Not

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.
APG North 410-306-2222
APG South 410-436-2222
Off post in Md. call 1-800-492-TIPS or 911
Your call may save lives!

Come and follow us <https://twitter.com/USAGAPG>

Holiday season religious services

APG North (Aberdeen)

CATHOLIC MASS

Wed, Nov. 26.....Mass ofThanksgiving 11:45 a.m.
Sun, Nov. 30....1st Sunday of Advent 8:45 a.m.
Sun. Dec. 7....2nd Advent 8:45 a.m.
Mon, Dec. 8....Immaculate Conception 11:45 a.m.
Thurs, Dec. 11....Guadalupe/Social 5 p.m.
Sun, Dec. 14....3rd Advent 8:45 a.m.
Sun, Dec 21....4th Advent 8:45 a.m.
Wed, Dec. 24.....Christmas Pageant 5 p.m.
Wed, Dec. 24Christmas Vigil Mass 5:30 p.m.
Sun, Dec, 28..Feast of the Holy Family 8:45 p.m.
Wed, Dec. 31.....Mary, Mother of God 5:30 p.m.

PROTESTANT WORSHIP

Sun, Nov. 30....1st Sunday of Advent 10:15 a.m.

Sun. Dec. 7....2nd Advent/Contata 10:15 a.m.
Sun, Dec. 14....3rd Advent 10:15 a.m.
Sun, Dec 28....4th Advent 10:15 a.m.

GOSPEL WORSHIP

Sun, Nov. 30....1st Sunday of Advent noon
Sun. Dec. 7....2nd Advent noon
Sun, Dec. 14....3rd Advent noon
Sat. Dec. 20.....Youth Extravaganza 4 p.m.
Sun, Dec 28....4th Advent noon.
Sun. Dec. 28....Worship noon
Wed, Dec. 31...Watch Night Service 10 p.m.

APG SOUTH (Edgewood)

COMBINED EVENTS

Sun, Nov. 30.....Thanksgiving Lunch & Advent 10:45 a.m.

Wed, Dec. 24....Christmas Eve Candlelight Service and Contata 7 p.m.

CATHOLIC MASS

Sun, Nov. 30....1st Sunday of Advent 10:45 a.m.
Sun. Dec. 7....2nd Advent 10:45 a.m.
Mon, Dec. 8....Immaculate Conception 5:30 p.m.
Sun, Dec. 14....3rd Advent 10:45 a.m.
Sun, Dec 21....4th Advent 10:45 a.m.
Wed, Dec. 24.....Christmas Pageant 5 p.m.
Thurs, Dec. 25...Christmas Day Mass 10:45 a.m.
Sun, Dec, 28..Feast of the Holy Family 10:45 p.m.
Thurs, Jan. 1..Mary, Mother of God 10:45 a.m.

PROTESTANT WORSHIP

Sun, Nov. 30....1st Sunday of Advent 9:15 a.m.
Sun. Dec. 7....2nd Advent/Contata 9:15 a.m.
Sun, Dec. 14....3rd Advent 9:15 a.m.

Sun, Dec 21....4th Advent 9:15 a.m.
Sun, Dec. 28.....Worship 9:15 a.m.

For more information, contact the Main Post Chapel at 410-278-4333

OTHER HOLY DAYS

Islamic Contact:
Mohamed Meshal, 443-861-8073
Jewish Contact:
Harford Jewish Center, 410-939-3170



APG youth soccer teams sweep tournament

By **STACY SMITH**
APG News

APG’s Youth Soccer Team Arsenal won six championships across eight age categories during the Harford County Eastern Southern Soccer League (ESSL) tournament Nov. 1.

Michael Layman, under 12 boys’ soccer coach, says the recent victories are the culmination of a 100-day stretch of Saturdays spent learning soccer fundamentals and teamwork through practices and games. Coaches thanked parents for sacrificing countless hours supporting their children and driving them to and from soccer fields.

“I’m very proud of all the APG teams this season,” said Bill Kegley, CYSS Youth Sports Director. “I’m very fortunate to have such a great group of coaches who have passion and love for the kids and the game of soccer.”

Kegley has developed Team Arsenal, which consists of hundreds of APG Soldiers, Family members and civilians, into the premier youth soccer program in southeastern Harford County. Players range in age from 4 and 5-year-olds who play in a non-competitive clinic, to 15-year-olds who compete in county-wide tournaments.

This season the Under-8 Boys team was led by volunteer coaches Azuwu-ke Ohuka, and Aubrey Jones. Jessi-



Players from APG’s Child Youth and School Services’ Under-12 Boys soccer team display their championship trophies after competing in the Harford County Eastern Southern Soccer League (ESSL) soccer tournament Nov. 1.

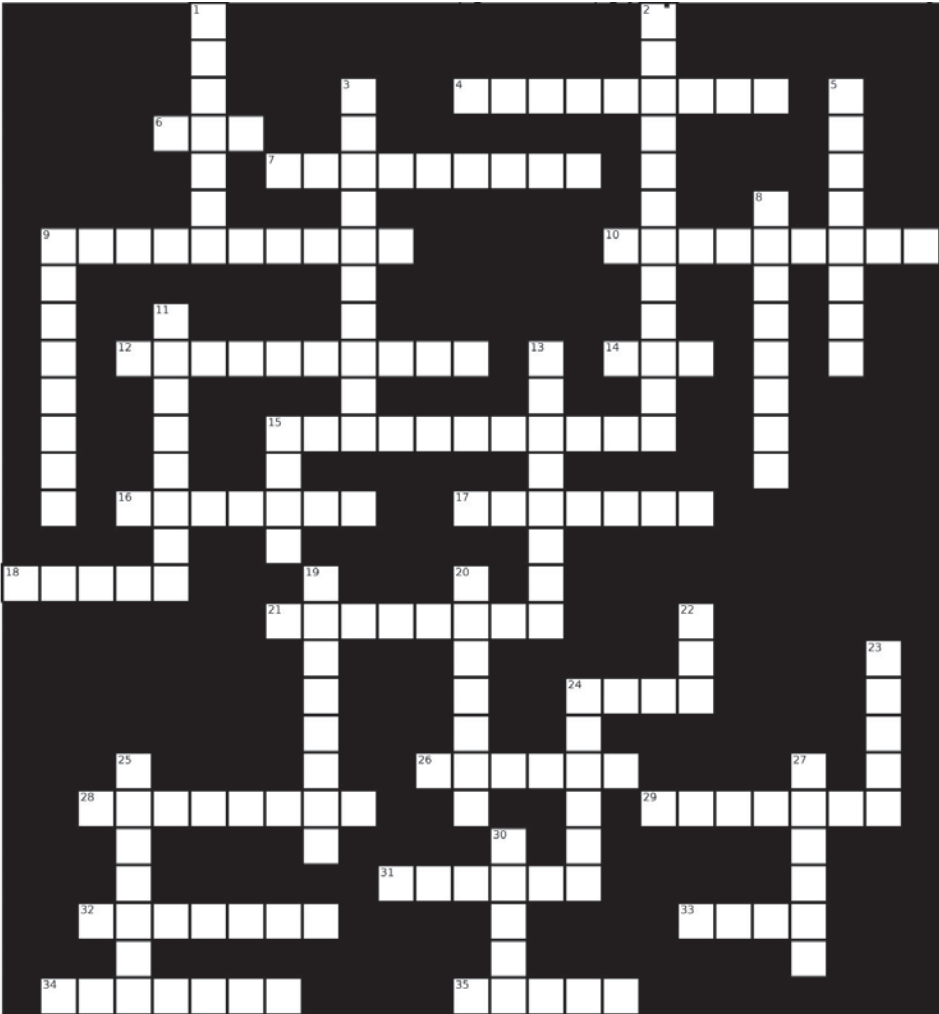
ca Davignon and Deanna Gasdia led the under 8 Girls team. Andy Gasdia and Steve Medinger mentored the Under-10 Boys. The Under-12 Boys

were led by Mike Layman, Tat Fung and Sandy Sanders, and the Under-12 Girls by Steve Medinger, Jenn Smith and Darrell Diamond. Randy Conlon

coached the Under-15-year-old girl champions.

For more information, contact Kegley at william.m.kegley3.naf@mail.mil.

The APG Crossword



By **RACHEL PONDER**, *APG News*

This Thursday we pause to give thanks. Test how much you know about Thanksgiving, past and present

Across

- 4. Green bean _____ consists of green beans, cream of mushroom soup and French fried onions. A popular Thanksgiving side dish.
- 6. A female turkey is called a hen, a male turkey is a _____.
- 7. A turkey stuffed with a duck stuffed with a chicken; originated in

Louisiana.

- 9. Tart side dish served on Thanksgiving by many with German ancestry.
- 10. The Plymouth Pilgrims dined with the _____ Indians on the first Thanksgiving.
- 12. The amino acid found in turkey meat is blamed for sleepiness

after a Thanksgiving feast.

- 14. The National _____ Show is televised on Thanksgiving every year on NBC.
- 15. This tart fruit is usually served in a sauce on Thanksgiving.
- 16. A meat substitute vegetarians might eat on Thanksgiving.
- 17. Many Americans will encounter this on the roads this Thanksgiving weekend.
- 18. “Over the River and Through the Woods”, is a Thanksgiving poem by Lydia Maria _____.
- 21. American shopping tradition held the Saturday after Thanksgiving; Small _____ Saturday.
- 24. In 1846, Sarah Josepha _____, a magazine editor campaigned for an annual national thanksgiving holiday.
- 26. Male turkeys make this sound.
- 28. The _____ of the turkey is used in a good luck ritual on Thanksgiving.
- 29. Every year, the U.S. president officially _____ a turkey on Thanksgiving.
- 31. In the 1987 movie “Planes _____ and Automobiles” Steve Martin, as Neal Page, is trying to get home to celebrate Thanksgiving with his family.
- 32. Culinary historians believe this seafood was served at the first Thanksgiving.
- 33. The APG Performance Triad team hosted the 5K Turkey _____ on Nov. 19.
- 34. This comedian performs “The Thanksgiving Song.”
- 35. Mashed potato topping.

Down

- 1. Canadians celebrate their own Thanksgiving during this month.
- 2. Many people top their sweet potatoes with this.
- 3. A large horn-shaped container overflowing with produce, flowers or nuts; a symbol of abundance and

nourishment.

- 5. Layered fruit salad popular on Thanksgiving in the South.
- 8. The Macy’s Thanksgiving Day Parade features giant _____.
- 9. Can be cooked inside the turkey.
- 11. This author gave his account of the first Thanksgiving in “Of Plymouth Plantation.”
- 13. People hunt for this the day after Thanksgiving.
- 15. Maize is known as “Indian _____.”
- 19. A common Thanksgiving decoration.
- 20. Cooked game meat; served at first Thanksgiving.
- 22. Typical Thanksgiving dessert
- 23. The Detroit _____ have hosted a game every Thanksgiving Day since 1934, with the exception of 1939–1944 (due to World War II).
- 24. The movie “Pieces of April,” which takes place on Thanksgiving day, stars Katie _____.
- 25. This U.S. president declared a national day of Thanksgiving in 1863.
- 27. Americans celebrate Thanksgiving on the _____ Thursday in November.
- 30. Unfiltered, unsweetened, non-alcoholic beverage made from apples.

Solution to the November 20 puzzle



Want to make a difference in how services are rendered at APG?
Tell us how we are doing. Visit <http://ice.disa.mil>.
Click on “ARMY” then “Aberdeen Proving Ground.”

ALL THINGS MARYLAND

Baltimore's Inner Harbor: *The past, present and future*



By **STACY SMITH**
APG News

Baltimore's Inner Harbor draws more than 14 million visitors every year, offering up scenic views and family-friendly attractions, but it wasn't always this way.

The harbor build up transformed the one time port of entry for Maryland tobacco trade from a small industrial town to a booming tourist destination.

The harbor has always attracted those who could see its economic and cultural potential.

During colonial times, the harbor was known as "Baltimore Town," a simple, three-street stretch named in honor of Cecil Calvert, 2nd Baron of Baltimore. Baltimore clippers, fast-sailing ships that could import and export goods quickly, helped establish the city's growing reputation as an area of commerce. By the late 1700s, Maryland led the nation in shipbuilding, and Baltimore's Chesapeake Bay was the industry's crown jewel.

In the 1800s the local economy relied heavily on oyster canning, and the harbor held hundreds of packing houses. A century later, steel dominated the local economy, promising good pay to hard workers who came to Baltimore to be at the epicenter of a thriving industry.

Due to shifting populations and peaking immigration numbers, the city saw an economic decline in the 1950s and 60s. The once bustling port became an eyesore of abandoned piers and vacant warehouses. Then, in 1980, Baltimore reinvested in the harbor, opening Harborplace - a waterfront dining, shopping and entertainment area, and the National Aquarium. Both attractions remain heavily trafficked by Baltimoreans and tourists, providing a large percentage of the city and state revenue.

According to the Waterfront Partnership of Baltimore, Inc., the Inner Harbor is "an incredible asset for Baltimore City and the State of Maryland, fueling \$2.3 billion in overall economic activi-



Photo by Molly Blossie

Features at the inner harbor include the Baltimore National Aquarium, paddle boats shaped as the famous harbor creature "Chessie" and Federal Hill, the grassy knoll in the far back right.

ty, creating 21,000 jobs in the region and generating \$102 million in annual tax revenue to the city and state."

The harbor is not only an economic hub, but teems with artifacts from

its shipbuilding and sailing history. The USS Constellation, the last existing intact naval vessel from the Civil War, is docked in the Inner Harbor, a testament to Maryland's contribution to the nation.

The ship is currently being repaired and will be absent from the harbor for the next few months.

The Pride of Baltimore II, an authentic reproduction of a 19th century clipper ship commissioned to sail as Maryland's Flagship and goodwill ambassador, often docks in or around the harbor and offers guided, public deck tours. A tall mast stands on the southern side of the harbor as a tribute to the original Pride of Baltimore, which was lost at sea in 1986.

The harbor is largely considered a world-wide model for waterfront redevelopment due to its various permanent and temporary attractions. An outdoor ice skating rink opened Nov. 21, a welcome return of venue for residents who have fond memories of skating at Rash Field.

Other popular harbor attractions include The Maryland Science Center, Port Discovery Children's Museum and Power Plant Live!, as well as several dining and shopping establishments.

In recent years, a large effort to clean up the harbor waters' ecosystem, involves removing trash, eliminating sewage and properly managing stormwater runoff. Healthy Harbor, a Waterfront Partnership Initiative, is seeking to restore the harbor waters by 2020. It envisions "a truly recreational harbor, with green edges and running paths; trash-free open waters for boating, fishing, and swimming; shoreline marsh that shelters crabs and herons; and a harbor teeming with fish that are safe for human consumption."

Baltimore's Inner Harbor is located in Baltimore City between Little Italy and Federal Hill. A water taxi connects passengers to several other locations, including Fells Point, Canton and Fort McHenry. For more information about the Inner Harbor and surrounding areas, visit www.waterfrontpartnership.org. For information about the Inner Harbor ice rink, visit <http://innerharboricerink.org/>.

BY THE NUMB#RS

Celebrating Thanksgiving's past and present

242 million

Number of turkeys forecasted to be raised in the U.S. in 2014.

6,500

Members of the Wampanoag American Indian tribal grouping as of 2010. The Wampanoag tribe were essential to the colonists' survival during their first year in America.

151

Years that have passed since President Lincoln proclaimed the last Thursday of November as a national day of Thanksgiving.

88

Percentage of Americans who will eat turkey this Thanksgiving.

51

Number of pilgrims who attended the first Thanksgiving.

3

Number of days the first Thanksgiving was celebrated.

By **STACY SMITH** APG News

Sources: www.consumerreports.org, www.census.gov, www.ushistory.org



Teresa Watson KUSAHC Medical Consults Processing Clerk

By **RACHEL PONDER**
APG News

As a medical consults processing clerk, Teresa Watson works in the referral management office, or RMO, at Kirk U.S. Army Health Clinic.

Watson's main responsibility is processing medical referrals. At KUSAHC, patients receive referrals from their doctor or nurse for procedures or services that are not offered at the clinic. Once referrals are reviewed by RMO staff members, they are sent electronically to TRICARE, the DOD program that provides health care coverage for military Families, retirees and survivors.

"We are the go-between between the clinic and TRICARE," she said.

Watson said her top priority is making sure referrals are complete and accurate before they are sent to TRICARE. On average, the RMO processes between 80 and 100 referrals a day.

"It is important to be detail oriented," she said, "so patients receive their medical care as soon as possible."

When not processing referrals, Watson assists patients who visit the office.

"I try to make their day better in some kind of way," she said. "I like working at Kirk, because you are always meeting new people."

Watson has worked at KUSAHC five years. Previously she worked as a medical records assistant at Johns Hopkins Hospital. She holds a medical office assistant certificate and an administrative office assistant certificate from Harford Community College.

Watson also works evenings in the clinic's housekeeping department.

Kirk U.S. Army Health Clinic is located at 2501 Oakington Street, on APG North (Aberdeen). For more information, contact teresa.a.watson.civ@mail.mil.



You never have to miss an issue of the APG News

Check out our archives at
www.teamapg.com/APGNews

How are we doing? E-mail comments and suggestions for the APG News to usarmy.apg.imcom.mbx.apg-pao@mail.mil

THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1987.

By **YVONNE JOHNSON**, APG News

10 Years Ago: Nov. 24, 2004



Left: Brig. Gen. Michael Combest, right, returns the U.S. Army Developmental Test Command colors to Command Sgt. Maj. Larry Robinson, left, after assuming command of the organization as outgoing commander, Brig. Gen. Keith McNamara, center, looks on.



Right: Members of the APG police pose with a smart trailer device to advertise the comment period for an upcoming assessment. From left, Police Officer Matthew Kerstetter, Investigator Peter Simon, Officers Marenda Tate and Jeremy Rondone, Investigator Andreas Sexton and Officer Thomas Wardrope.

25 Years Ago: Nov. 29, 1989



Left: Sandra Choate, standing, comforts Sheila Anderson, seated, during rehearsals for the APG Players production of the female version of "The Odd Couple."



Above: U.S. Army Combat Systems Test Activity Soldiers Cpl. Brian Berry, foreground, and Staff Sgt. Frank Ginsbach level concrete for a pad that will support an ammunition conditioning trailer.

50 Years Ago: Nov. 26, 1964



Above: Dressed in fire-proof coveralls, ammunition assemblers William Miles, left, and Allen Weaver take a safe smoke using a specially-designed electric wall lighter in the Ammunition Processing Section, Development and Proof Services.



Right: A group of scientists watch as an M-60 A1 main battle tank negotiates a 70 degree climb during a simulated battlefield test at the Development and Proof Services' simulated battleground.

2014 Thanksgiving Holiday Schedule

ACTIVITY	THU	FRI	SAT	SUN
	Nov. 27	Nov. 28	Nov. 29	Nov. 30
FITNESS				
AA ATHLETIC CENTER	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.
AA Health & Fitness Ctr (302)	CLOSED	CLOSED	CLOSED	CLOSED
EA HOYLE GYM/FITNESS CTR	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.	8 a.m. - 4 p.m.
COMMUNITY SERVICES/CHILD CARE				
ARMY COMMUNITY SVS	CLOSED	CLOSED	CLOSED	CLOSED
CHILD & YOUTH SERVICES*	CLOSED	CLOSED	CLOSED	CLOSED
CORVIAS Housing Office	CLOSED	CLOSED	CLOSED	CLOSED
RECREATION				
AA RECREATION CENTER	CLOSED	CLOSED	CLOSED	CLOSED
EA RECREATION CENTER	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING & SNACK BAR	CLOSED	CLOSED	CLOSED	CLOSED
RUGGLES GOLF COURSE	CLOSED	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.	8 a.m. - 5 p.m.
EXTON GOLF COURSE	CLOSED	CLOSED	CLOSED	CLOSED
SELF SERVICE				
AUTO SKILLS SHOP	CLOSED	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.	9 a.m. - 5 p.m.
OUTDOOR & EQUIPMENT CENTER	CLOSED	CLOSED	CLOSED	CLOSED
LIBRARY	CLOSED	CLOSED	CLOSED	CLOSED
MWR LEISURE TRAVEL	CLOSED	CLOSED	CLOSED	CLOSED
FOOD & BEVERAGE				
NORTH SIDE GRILL/1SG BBQ	CLOSED	CLOSED	CLOSED	CLOSED
SOUTH SIDE GRILL	CLOSED	CLOSED	CLOSED	CLOSED
TOP OF THE BAY	CLOSED	CLOSED	CLOSED	CLOSED
BOWLING'S STRIKE FORCE CAFÉ	CLOSED	CLOSED	CLOSED	CLOSED
SUTHERLAND GRILLE	CLOSED	CLOSED	CLOSED	CLOSED
EXTON	CLOSED	CLOSED	CLOSED	CLOSED
DONNA'S PIT BEEF	CLOSED	CLOSED	CLOSED	CLOSED
GROCERY				
Commissary	CLOSED	CLOSED	9 a.m. – 6 p.m.	Regular Hours
	Mon, Nov. 24 open 10 a.m. - 7 p.m.		Mon, Dec. 22 open 10 a.m. - 7 p.m.	
MEDICAL/DENTAL				
Kirk Clinc	CLOSED	CLOSED	CLOSED	CLOSED
DENTAC	CLOSED	CLOSED	CLOSED	CLOSED
APG Veterinary Clinic	CLOSED	8 a.m.-4 p.m. Customer Service	CLOSED	CLOSED
HUMAN RESOURCES				
SJA / LEGAL	CLOSED	9 a.m. – 3 p.m .	CLOSED	CLOSED
MILPO/ ID CARD/ RETIREMENT	CLOSED	Regular Hours	CLOSED	CLOSED
SHOPPING (AAFES)/VENDOR SERVICES				
MAIN EXCHANGE	CLOSED	Black Friday: 4 a.m. - 6 p.m.	6 a.m. - 4 p.m.	10 a.m. - 4 p.m.
GNC	CLOSED	9 a.m. - 6 p.m.	10 a.m. - 4 p.m.	11 a.m. - 4 p.m.
BARBER SHOP	CLOSED	9 a.m. - 6 p.m.	10 a.m. - 4 p.m	10 a.m. - 4 p.m.
OPTICAL	CLOSED	10 a.m. - 5 p.m.	10 a.m. - 3 p.m.	CLOSED
Laundry/Dry Cleaners	CLOSED	10 a.m. - 5 p.m.	10 a.m. - 3 p.m.	CLOSED
Lunch Box	CLOSED	Black Friday: 4 a.m.-3:30 p.m.	CLOSED	CLOSED
Melvins Auto	CLOSED	CLOSED	CLOSED	CLOSED
APG Express (Shoppette)	CLOSED	10 a.m. - 7 p.m.	10 a.m. - 7 p.m.	10 a.m. - 7 p.m.
APG Shoppette Subway	CLOSED	10 a.m. - 7 p.m.	10 a.m. - 3 p.m.	10 a.m. - 3 p.m.
Tim Hortons bldg 6002	CLOSED	CLOSED	CLOSED	CLOSED
Tim Hortons bldg 6008	CLOSED	CLOSED	CLOSED	CLOSED
Subway Bldg 6008 C4ISR	CLOSED	CLOSED	CLOSED	CLOSED
Subway EA	CLOSED	CLOSED	CLOSED	CLOSED
Pure Imagination EA	CLOSED	CLOSED	CLOSED	CLOSED
Burger King	CLOSED	6 a.m. – 5 p.m.	CLOSED	CLOSED
Edgewood Express (Shoppette)	CLOSED	9 a.m. - 3 p.m.	11 a.m. - 4 p.m.	11 a.m. - 4 p.m.
LOGISTICS READINESS CENTER-APG				
LRC-ABERDEEN	CLOSED	OPERATIONAL	CLOSED	CLOSED
Property Book Office	CLOSED	7 am – 4:30 pm	CLOSED	CLOSED
Property Book Warehouse	CLOSED	7 am – 4:30 pm	CLOSED	CLOSED
CIF	CLOSED	CLOSED	CLOSED	CLOSED
Installation ASP	CLOSED	CLOSED (RDO)	CLOSED	CLOSED
SSA / CRP	CLOSED	CLOSED (RDO)	CLOSED	CLOSED
DOL Fuel Station	CLOSED	7a.m. - 3 p.m.	CLOSED	CLOSED
TMP	CLOSED	CLOSED	CLOSED	CLOSED
PPPO	CLOSED	CLOSED	CLOSED	CLOSED
Carlson Wagonlit Travel CTO	CLOSED	8 am – 4:30 pm	CLOSED	CLOSED
Passenger Travel	CLOSED	CLOSED	CLOSED	CLOSED
Freight Office	CLOSED	CLOSED	CLOSED	CLOSED
Maintenance	CLOSED	CLOSED	CLOSED	CLOSED
GATES				
AA Rt 22	CLOSED	OPEN	CLOSED	CLOSED
AA Rt 715 / Vistor Center	Limited operation	Open/ 6 a.m. - 6 p.m.	Open/ 6 a.m. - 6 p.m.	Open/ 6 a.m. - 6 p.m.
AA Aberdeen	CLOSED	CLOSED	CLOSED	CLOSED
EA Wise Rd	CLOSED	CLOSED	CLOSED	CLOSED
EA Rt 24 / Vistor Center	Limited operation	Open/ 6 a.m. - 6 p.m.	Open/ 6 a.m. - 6 p.m.	Open/ 6 a.m. - 6 p.m.
EA Magnolia	CLOSED	CLOSED	CLOSED	CLOSED
*CYSS Facilities are: Child Development Centers, Youth Centers/School-Age Services Programs & Family Child Care Homes; **AACDC Closed; ***For support services call 913-271-4245. For Army Emergency Relief, call Red Cross at 1-877-272-7337				

WORD OF THE WEEK

Acquiesce

Pronounced: ak-wee-ES

Part of Speech: Verb (intransitive) often used with “in” and “to.”

Definition:
1. To accept, agree or allow something to happen by staying silent or by not arguing; to comply or submit tacitly or passively

Related forms:
Adverb: acquiescingly; Adjective: acquiescing; Noun: acquiescence

Use:

- They demanded it, and he acquiesced.
- Apparently the contractor expected me to acquiesce to my own fleeing.
- Avoiding public tantrums is a major reason we acquiesce and buy our kids junk.
- Their best hope of avoiding war lies in their extraordinary acquiescence.
- His ready acquiescence both pleases and disquiets them.

By YVONNE JOHNSON, APG News
Source: <http://www.merriam-webster.com>

ACRONYM OF THE WEEK


USPACOM

U.S. Pacific Command

The United States Pacific Command (USPACOM) is one of six geographic combatant commands, and is charged with integrating U.S. Army, Navy, Air Force and Marine Corps forces within the USPACOM area of responsibility (AOR) to achieve national security objectives while protecting national interests.

With about 300,000 service members, the USPACOM AOR covers more of the globe than any of the other geographic combatant commands and shares borders with all of the other five geographic combatant commands. The commander of US Pacific Command reports to the President of the United States through the Secretary of Defense and is supported by multiple component and sub-unified commands including: U.S. Forces Korea, U.S. Forces Japan, U.S. Pacific Fleet, U.S. Marine Forces Pacific, U.S. Pacific Air Forces and U.S. Army Pacific.

Based in Honolulu, Hawaii, USPACOM is the oldest and largest of the Unified Combatant Commands. Subordinate units include Alaska and Hawaii’s 25th Infantry Division and 196th Infantry Brigade. Adm. Samuel J. Locklear III is the current commander of the U.S Pacific Command.



By YVONNE JOHNSON, APG News
Source: www.pacom.mil

ARL team continues head protection research

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is of mutual benefit,” said Dr. Eric Wetzel, who is the technical area manager for Materials for Soldier Protection at the U.S. Army Research Laboratory (ARL). “By leveraging resources and pooling expertise, we can expand our understanding of brain injury and accelerate the development of new technologies that will hopefully reduce the probability and severity of these injuries for both Soldiers and athletes.”

ARL has been a leader in the development of new materials and designs for improved ballistic helmets. In this new program, ARL scientists will explore a new paradigm for head protection: “rate-actuated tethers.” These tethers stretch and relax easily at low speeds, but provide dramatically increased resistance force when pulled quickly. A paper describing the tethers was recently published in the journal, “Smart Materials and Structures.”

The ARL’s head protection concept

calls for using these rate-actuated tethers to couple the head to the body. Voluntary head motion is not restricted but rapid, uncontrolled, jerking head motions are constrained.

Wetzel envisioned the concept for using the novel rate-actuated tethers for mitigating head accelerations in collaboration with head-protection expert Dr. Shawn Walsh and computational modeling expert Dr. Thomas Plaisted. There will be a half dozen researchers assisting the multidisciplinary team over the course of the next year.

“The Army is focused on exploiting game-changing technology and the art-of-the-possible in support of the military force of 2025 and beyond,” said Thomas Russell, ARL director. “In the case of mitigating head impact, there is an advantage of using the Army-



inspired technology for athletes playing competitive sports, whether they are playing professional or playing on a Pee Wee league.”

ARL’s head-protection advances demonstrate the importance of investing in science and technology to ensure not only the Army’s readiness, but for the greater good of the nation, he said.

“This is a perfect example of creating technology for the Soldier that could provide a huge benefit for another group: athletes on a playing field. It is exactly the dual-use benefit we want in the technology-transfer arena,” said Tom Mulkern, from ARL’s technology-transfer office.

The researchers will work aggressively over the next 12 months to turn their basic concept into a suitable prototype of a protection device that is function-

al and robust.

Alan Gilbert, director of global government and nongovernmental-organization strategy for GE Healthymagination, said, “This challenge is a call to action to advance head-health research and innovation. The breakthrough ideas submitted will help us better understand brain injuries and the brain overall. We are excited to see the award going to the ARL to advance its important work in gear that could mitigate the impact of head injuries for Soldiers and athletes.

“Groundbreaking research, like the rate-dependent tethers from the Army Research Lab are going to protect Soldiers, athletes and others from head injuries,” said Jeff Miller, NFL senior vice president of Health and Safety Policy. “It is exactly this type of disruptive creativity that, along with GE and Under Armour, the NFL is seeking. This innovation, and others like them, will have a profound impact.”

CVC discusses inclement weather, speeding

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munity are the two top priorities for Corvias funding. Fenwick said the possibility of a dog park and community garden plots will be considered again in the spring of 2015. An APG South (Edgewood) resident asked if a dog park is planned for his area and Fenwick said her team will look into the feasibility of that project.

Fenwick said recycling containers at the Plumb Point Loop basketball courts will be part of the Corvias contracts for 2015. McClinton tasked DPW to take the recycling issue to the Environmental Division, so the issue can be resolved sooner.

Mike Lupacchino, the director of Family, Morale, Welfare and Recreation, said that the project to build a fitness trail near Plumb Point Loop has been diverted to Fanshaw Field. Construction of a five-lane running track will start in spring 2015. Pavilions and other amenities will also be added to enhance the area.

An attendee expressed several concerns about the Child Development home located in Patriot Village.

Lupacchino said the CD home follows all Army regulations. Issues and concerns within the Child, Youth and School Services program can be addressed at the quarterly Parent Advisory Committee (PAC) meetings. For more information call the CYSS Outreach Services Director Myria Figueroa at 410-278-2572.

“It is not successful if we do not have participation,” McClinton said

“For those of you that have children in the program, or are considering putting children into the program, we ask for your support in bringing issues to the team so they can identify them and address them.”

Another topic was the closing of the post thrift shop. Lupacchino said the thrift shop closed because it wasn’t generating enough money and there were safety issues in the building. Several attendees suggested having the thrift shop run by volunteers or having a quarterly swap meet. Dern said she would bring the issue to the APG Military and Civilian Community Club.

Garrison Public Affairs Officer Kelly Luster said the new APG web portal, www.teamapg.com, is up and running. Several links on the homepage, including Facebook and Twitter and Interactive Customer Evaluation (ICE) comments can be submitted online through the home page link.

Along with Facebook and Twitter, calling the APG Snowline at 410-278-SNOW (7669) or listening to local television and radio stations remain the best ways to learn about post delays and clo-

sures due to inclement weather.

McClinton explained that the APG Team starts monitoring the weather 24 hours out from a forecasted storm. During this process, the Emergency Operations Center is stood up, and the senior commander coordinates with other commanders before he makes a decision to close the post. The senior commander cannot authorize liberal leave for the whole post. Employees should check with their chains of command to see if liberal leave has been granted.

Several community members expressed concern about excessive speeding in the housing areas.

The Director of Emergency Services Chris Ferris said he has been talking with DPW personnel about purchasing solar signs that flash speeds to combat dangerous driving habits. Ferris said during the daytime, there are numerous patrols on APG. In fact, there are more patrols on APG on a daily basis than in Harford and Cecil Counties combined, Ferris said.

“There is an abundance of police presence on this installation,” he said, adding that police officers usually conduct traffic stops off of the main roads,

so they do not impede traffic.

“While you might not see traffic stops, they are happening,” he said.

Richard Bandy, from DPW, said the contract to adjust the timing of the traffic lights is due to be awarded in early 2015. The construction of a sidewalk from the end of Ocean Court to the Express store is also scheduled to start next spring.

Adams said bugle calls have returned to APG and that the decision has been controversial. Leadership has decided that bugle calls will not be played on the weekends and holidays. More testing will be conducted to determine the appropriate volume.

An attendee asked why gas prices are different at the APG North (Aberdeen) and APG South (Edgewood) Express stores. Debbie Armendariz, from Army and Air Force Exchange Service, said AAFES considers APG North and APG South two geographically separated areas even though APG is one installation. McClinton said he will address this issue when he meets with AAFES leadership.

Post community members can submit issues or concerns through the Interactive Customer Evaluation system, which allows individuals to rate post services online. ICE is accessible via its website, ice.disa.mil.

The next CVC meeting will be held 10:30 a.m. to noon, Thursday, Jan. 22, in the Garrison Main Conference room. For more information, contact Dern at karen.a.dern4.civ@mail.mil or 410 278-0001.



Did You Know?

The Asheville, North Carolina VA medical center is named for a Cherokee Medal of Honor recipient.



A Cherokee Indian from Cherokee, North Carolina, Charles George was born Aug. 23, 1932. He entered the Army during the Korean War and was assigned to Company C, 179th Infantry Regiment, 45th Infantry Division. On Dec. 30, 1952, while serving near Songnae-dong, Korea, George was a member of a raiding party assigned to forge a strategic hill and capture a prisoner for interrogation. His Medal of Honor citation reads:

“Forging up the rugged slope of the key terrain feature, the group was subjected to intense mortar and machine gun fire and suffered several casualties. Throughout the advance, he fought valiantly and upon reaching the crest of the hill, leaped into the trenches and closed with the enemy in hand-to-hand combat.

“When friendly troops were ordered to move back upon completion of the assignment, he and two comrades remained to cover the withdrawal. While in the process of leaving the trenches, a hostile Soldier hurled a grenade in their midst. Pfc. George shouted a warning to one comrade, pushed the other Soldier out of danger, and, with full knowledge of the consequences, unhesitatingly threw himself upon the grenade, absorbing the full blast of the explosion.

“Although seriously wounded in this display of valor, he refrained from any outcry which would divulge the position of his companions. The two Soldiers evacuated him to the forward aid station and shortly thereafter he succumbed to his wound. Pfc. George’s indomitable courage, consummate devotion to duty, and willing self-sacrifice reflect the highest credit upon himself and uphold the finest traditions of the military service.”

With that act, George became the pride of his local Eastern Band Cherokee community. They note that George’s Cherokee name, “Tsali,” means self-sacrifice. President Dwight D. Eisenhower presented the posthumous award to George’s parent during a White House ceremony.

Nearly 60 years later, two brothers found George’s Purple Heart, Bronze Star and Good Conduct medals in a tiny New York antique shop. The shop owner gave them the medals on the condition that they find the family and return them, which they did. The awards were presented to George’s relatives of mostly nieces and nephews during a Veterans Day ceremony in North Carolina in 2012.

The VA Medical Center in Asheville, N.C. is named in honor of George and is officially known as the Charles George VA Medical Center.

Yvonne Johnson, APG News
Source: <http://www.history.navy.mil/>

EOD company receives Valorous Unit Award

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and civilians counter Weapons of Mass Destruction, eliminate CBRNE threats and defeat improvised explosive devices.

The Fort Polk-based 705th EOD Company covers Louisiana and Mississippi and defeats unexploded rounds on Fort Polk’s Joint Readiness Training Center, the U.S. Army’s premier light infantry training center.

The 705th EOD Company deployed to Afghanistan to support the Folk Polk-based 4th Brigade Combat Team from the 10th Mountain Division, which also received the Valorous Unit Award for conducting a complex air assault into an enemy safe haven in Chak-e Wardak, Afghanistan.

During Operation Dagger Fury, 4th BCT Soldiers took the fight to enemy forces in an area where no International Security Assistance Forces had fought before.

Maj. Aaron C. Teller, who serves in the 20th CBRNE Command’s Current Operations Office, commanded the company during the deployment.

“The 705th was deployed in the most kinetic, lethal and IED-infested battlespace in Regional Command-East Afghanistan,” said Teller, a native of Hillsville, Virginia.

Teller said the company conducted more than 750 EOD combat missions,

eliminating 187 improvised explosive devices, 80 unexploded rounds and 67 weapons caches during the year-long deployment.

Supporting five maneuver battalion task forces and the brigade-focused targeting force, the company participated in 320 route clearance missions and 50 named operations spanning a battlespace of 15,000 square kilometers.

According to Teller, the company braved severe winter weather and fought in rugged mountain terrain.

“Day in and day out, 705th Soldiers put their lives on the line to ensure the safety of their brothers and sisters in arms,” said Teller. “The professional caliber, valor and heroism of the Soldiers I commanded can’t be fully captured within an award citation but will always live on within the people they encountered and served with.”

Teller also paid tribute to the EOD Soldiers his company lost during the deployment.

“We must remember the three 705th Soldiers that made the ultimate sacrifice during this deployment while conducting EOD operations -- Staff Sgt. Chauncy Mays, Staff Sgt. Michael Garcia and Spc. Christopher Stark, as well as their families left behind,” said Teller. “Those that served with these heroes will always be bound by the common bond of knowing these great Soldiers.”

“The professional caliber, valor and heroism of the Soldiers I commanded can’t be fully captured within an award citation but will always live on within the people they encountered and served with.”

Maj. Aaron C. Teller
Former Commander of
705th EOD Company

APG SNAPSHOT

Take a peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



Photos by Rachel Ponder

APG PERFORMANCE TRIAD HOSTS 2014 TURKEY TROT

Approximately 75 people braved chilly temperatures to participate in the 5K Turkey Trot, hosted by the APG Performance Triad Team Nov. 19. The top male and female finishers received a turkey dinner from the Commissary. On Dec. 10, the APG Performance Triad Team will host a Jingle Bell 5K run starting at Kirk U.S. Army Health Clinic. For more information contact Cpt. Joanna Moore at 410-278-1773.

(Inset) Darrin Norona, from the Personnel Security Investigation Center of Excellence, shows off his festive turkey hat. Norona ran with a group of co-workers.



JAZZING IT UP AT APG

Saxophonist Mindi Abair and Guitarist Nick Colionne team up for a duet during the sold-out Jazz Concert hosted by APG MWR at Top of the Bay Nov. 20. Abair returns to Maryland in December headlining at Rams Head On Stage in Annapolis.

Photo by La'Mont Harbison



GETTING INTO THE THANKSGIVING SPIRIT

Left and below right, residents of Plumb Point Loop highlight the Thanksgiving season with festive fall decorations of scarecrows, pumpkins and turkeys. Below left, the "Little Man" on Maryland Boulevard waits patiently for his Thanksgiving feast to begin.

Photos by Molly Blossie

